

5 Simple Steps to Conquering Your Adversity and Achieving ANYTHING Fast!

By Rasheed Ali

Brought to you by your friends at...



This is a Free E-book gifted to you by
Rasheed Ali or a mutual friend.

You may share it with anyone you like.

You may distribute it by e-mail, fax,
print, and as a download on your
website.

You may distribute it freely EXCEPT sell
it or change it.

If you would like to privately brand
this e-book, please contact
support@sleepyourwaytoriches.com

This book is dedicated to all of those individuals who are looking for a way to conquer their obstacles or adversity and are willing to pay the price for success and achievement.

"Follow Me as I Take You On a Serious, Step-by-Step, HARD Look at Principles That, Combined, Produce AMAZING Results In Your Life or Business!"

Before You Begin

A Word Of Caution - As you're reading this book, you'll find that these methods are pretty simple.

Heck, they may be downright silly to you.

BUT, if you are willing to open your mind to the possibilities that exist within you or better said, "Your TRUE Potential," you will benefit from this for many years to come.

I want you to answer some questions before you begin. These are the same questions I ask my clients whom **gladly** pay me thousands for my coaching and they cannot continue before they are answered.

I won't go into great detail as to why these questions are asked this way but just know that they are some of the most critical questions one can ask before using the 5 Steps.

Here are the questions:

1. What is your **goal, challenge** or **problem**?
2. What should reaching this goal or overcoming this challenge **FEEL** like to you?
3. What should you **KNOW** and **HAVE** as a result of reaching your goal or overcoming your challenge?
4. What do you **Aspire** to do or what are your **Dreams**?
5. Looking beyond the obvious, what do you think are some of the **causes** of your current **pain, fear** or **challenge**?

*** As you begin this journey, remember that this story is just one instance in which I learned to apply this strategy, we can always discuss others, but as creatures of not just thoughts but emotions, I thought this would be best and more memorable.**

Step 1

What's the Four Word Phrase that can make you twice as POWERFUL in half the time it takes to read this?

Hmmm? Give up?

Well, of course not but, lets not waste your valuable time and get down to business. ;-P

When overcoming an obstacle or planning for success the first step in doing so is to be **R.E.A.L.**

**Realize
Everything's
Always
Learned**

Yes, I know, I know, another acronym from a success coach to add to your list.

BUT, this one my friend is so often taken for granted, not used or misused.

Stick with me here as I go through this and explain what I mean.

Now, think about it for a minute.

When was the last time you did something truly AMAZING in your life that did not occur after you realized you had to learn something and learned it?

Listen, I'm not telling you to go get a PhD but the FACT remains that you need to see your problems with

the eyes of a student and not someone with a closed mind who knows everything.

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." - Henry Ford

**"Teachers open the door. You enter yourself."
- Chinese Proverb**

For anyone in business, it is often a harsh reality and a *kick in the teeth* when they realize that they should learn something more about their business or a specific topic related to their business or field of expertise.

One of the many qualities you will find in the top experts or successful people is that they are constantly learning more and more about their craft.

My good friends and mentors Dave Lakhani and Steve Watts of [Bold Approach](#) are two great examples of such people. Dave and his partner Steve are the **#1 Business Acceleration Strategists** in the world. Additionally Dave is known as a master at the Art and Science of Persuasion and is in the top 1% of professional paid speakers in the world.

However, these men are constantly learning and researching more and more about their field of expertise in order to stay on top of their game. These guys are **R.E.A.L.** and obstacles, adversity, and the competition quiver in their presence!

I recently found out that Dave reads 30 to 40 books a month on his field of expertise and things that will assist him and his expertise. Yes, I said a MONTH!

Many times the realization may be that you just need to learn something formally or to self educate yourself through reading in order to overcome an

obstacle in your life or business.

On the other hand, there are people who go through life and accept random events as they unfold before them and react to them instead of learning what they can, and conquering them.

I know this is true because I was one of them.

Although it took more than one *awakening* for me to truly realize this, one of those major awakenings happened back when I was 14.

Some weeks before that fateful day, I had taken one of the **worst beatings** of my life. I mean I had been an abused child until then but, that beating was *horrible*.

You see, my father had been enraged by something I did and took out an aluminum baseball bat, began screaming, chased me down, and let me have it!

Primal fear really kicked in and all I could do was scream and run. Finally he cornered me in my room and whacked me on my ankle, then whacked on my knee and then my elbow. Whap! Whap! Was all I heard, then **extreme** pain! When I tried to grab the bat in mid-swing, it ripped open the skin between my thumb and forefinger and as the blood spattered out, he got even more enraged and went for my head.

He made me beg for my life that day as I blocked blows to my head with my arms crossed over it and cushioned the blows.

Needless to say I survived, but NOT without learning a very important lesson. I would **never** take another beating from him or my mother again. So, I started planning on what I would do after that day.

They never took me to the hospital (of course) even though I couldn't walk up stairs normally or bend my elbow for two or three weeks. The healing time made me think even more about what I had learned.

You see, my friend, as you may already know...it takes a lot of thought to overcome a lifetime of living in

fear.

I knew that nothing was going to stop the beatings or verbal and mental abuse, so I had to decide on something...

(I'll tell you what in Step #2)

Now, if you are experiencing some type of adversity or obstacle in your life or business right now, you should only do ONE thing.

What is it?

You **MUST** *Realize Everything's Always Learned.*

Take that knowledge and use it for the next step.

Simple right? Well that's why I said 5 Simple Steps...

For now, **Realize Everything's Always Learned.** Take what you learn and write it down in a journal or a piece of paper. You'll need it for Step #2.

***"Learning is the beginning of wealth.
Learning is the beginning of health. Learning
is the beginning of spirituality. Searching
and learning is where the miracle process all
begins." - Jim Rohn***

STEP 2

You should have already written down what you have learned from whatever current obstacle or adversity that is presenting itself in your life right now.

With that said, after you Realize Everything's Always Learned, it's time to do what most people NEVER do, HATE to do or are AFRAID to do...

Make a **DECISION!**

You see...when Napoleon Hill researched over 25,000 people who had experienced failure in their lives, he found that lack of Decision was one of the top causes for failure.

However, when he analyzed several hundred people who were multi-millionaires, he found that they ALL had *the habit of reaching decisions quickly* and changing their minds slowly.

This may not sound like the right thing to do because reaching decisions quickly can lead to failure right?

Yes AND No!

When quick decisions are made, the right decision means quick success and the wrong decisions mean quick failure.

Quick failure to the **right** person though, a person like you, means an opportunity to make a quicker and better decision which will lead to even more success!

Not only that but, it gives you the opportunity to have a failure to learn from quickly as well.

A young management trainee once asked Tom Watson, Sr., founder of IBM, "Sir, how do I get to the top of the management ladder here?" Watson replied, "**Double your failure rate son, double your failure rate.**"

Quick decisions, lead to quick successes or failures which must be followed up by more attempts which can only be accomplished by making more decisions.

"It's in your moments of decision that your destiny is shaped." - Anthony Robbins

My BIG decision came on a night; I believe it was late November. It was *bone chilling cold* outside and I had just come back from running errands for my mother.

I don't even recall what it was about but I ticked off my father again. I think my mother instigated this one.

He went straight for the bat but, I had already learned and made the Decision to run. After all I was 14, small and skinny. I was too afraid to fight off someone bigger and more violent.

So, I ran to the door, opened the locks and took off like a gazelle!

I was so scared and crying silently that I didn't even notice how cold it was at first. My tears were freezing on my face!

I'll never forget what I went through and the feeling I had that night, and I'll tell you about it in Step #3.

A Decision my friend, is what you must make right

now. Before you leave this lesson, look at what you have learned, decide what you will do about it and write it down in your journal.

"In a moment of decision, the best thing you can do is the right thing to do. The worst thing you can do is nothing." - Theodore Roosevelt

*"My philosophy of life is that if we make up our mind what we are going to make of our lives, then work hard toward that goal, we never lose - somehow we win out."
- Ronald Reagan*

Step 3

By this time you should have already written down your Decision right?!

Now, what if I told you that the next simple step is magical?

Would you think I was crazy?

What if I told you that you can imagine something, use the next step and you could get it "almost" instantly?!

You're probably saying, "Rasheed, I think you've taken one too many hits to the head!"

Well maybe I have but, I'll share it and explain anyway.

ENTHUSIASM is the next step in conquering obstacles and achieving success. It is best said by this:

"You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hopes rise to the stars. With it, there is accomplishment. Without it there are only alibis."

- Henry Ford

Without enthusiasm we often become very complacent until something forces us to change.

This happens often to successful entrepreneurs or people in sales. They lose their enthusiasm for what they are selling and their profits decline because of

it.

Another time this happens is when we are faced with failure or obstacles that seem insurmountable. Often we lose faith and our enthusiasm declines.

The source of the word enthusiasm is the Greek enthousiasmos, which comes from the adjective entheos, "having the god within!"

Think about a time when you were so excited about an event like Christmas, a new love, a new job, or a gift on your birthday.

Yep, that jittery feeling inside that shines on the outside of you with a smile, is **enthusiasm**.

You can test this very easily for yourself.

Here's how:

Walk into a room of people with the type of excitement I mentioned before. You don't have to say anything if you don't want to. Keep that feeling inside of you for about 10 minutes. Observe how people interact.

Next, walk out of the room.

Walk back into that same room and think about something that makes you sad or angry. Keep that inside for about 10 minutes. Observe how people interact.

Not surprisingly you will see how the interactions change so drastically. I know, it's really weird and downright scary if you really think about it.

Enthusiasm is very magnetic. This is a great explanation as to why successful people attract more success.

You can try this exercise over in different situations, but don't use it haphazardly.

We've all experienced enthusiasm and many times it can save our lives.

In my case, the night I ran away from home. After I had calmed down, I realized how truly cold it was and I was only wearing a light jacket. I had no idea what to do. I walked around for a while and found an apartment building that people would be going in and out of at that time of night.

I waited for someone to walk in and walked in with them.

I sat in the lobby until they got on the elevator and then snuck into boiler room.

I stayed warm there and thought that no one would find me. At that time I got so enthusiastic about the possibility of no more beatings and no more parents, that I knew that I had made the right decision even though I was scared and had nowhere to go.

About three hours or so later, the superintendent found me, grabbed me and tried to hold me and called the cops. I managed to get away and ran straight out the door and on to the streets. I roamed the streets that night but the enthusiasm I had for my new found freedom kept me warm. I finally knew what freedom was. My adventures and experiences on the street and otherwise were just beginning.

The enthusiasm I felt for my new found freedom is the same kind that creates millionaires and presidents.

It is the same enthusiasm that will change your life and help you to conquer your obstacles and adversity.

It is the same enthusiasm that builds business empires, and as I write this, I'm building my own empire as well.

My friend, write down the feeling you have about overcoming your obstacle, building your business, or conquering whatever blocks your path to success.

What does it mean to you and how will you feel?

*"A man can succeed at almost anything for
which he has unlimited enthusiasm." - Charles
Schwab*

Step 4

"I think there is something, more important than believing: Action! The world is full of dreamers, there aren't enough who will move ahead and begin to take concrete steps to actualize their vision." - W. Clement Stone

It's NO secret that...

The 4th Step in conquering obstacles and achieving success is **ACTION**.

Yes this is one that is covered countless times in success books and tapes but it is rarely discussed how to take effective **Action**.

Have you ever made up your mind to do something, did it and then had disappointing, lackluster results?

Well, you're definitely not alone in that.

Recently, I came to realize that there are people who make up their minds to do something and take "Action" right away, only to become defeated and never look back and stick with their idea.

You see, the problem is not necessarily with the idea but rather in their need for immediate gratification and taking "Action" right away.

Immediate gratification has become so inherent in our society that even "Action" has become a problem just like fast food and diet pills.

Sure, there are entire billion dollar industries built on fulfilling the need for immediate gratification but, sometimes the cost is too high and often it is more than just money.

I've personally seen men with reputable and thriving

businesses make such immediate gratification decisions and lose the trust and money of the customers that they worked years to acquire!

Yes, Decisions must be made and made quickly, but immediate gratification should not be the purpose of such a decision and action.

Quick and careful planning, along with knowing what results you desire from taking a specific action is all that is needed.

I must point out however that there is one time when planning is not recommended. It is during times of immediate danger.

Just Decide and take Action in this case!

Although in my case I had planned to run away, I did not plan for after that. At the critical point, I decided and acted right away. Hey, I was 14 and had no idea what the streets had in store for me but it was better than being home.

The following is something that can be used when in danger or not.

A - Attitude
C - Commitment
T - Technique

→ **Attitude** - As fear takes over you, you must change your Attitude. Change your attitude and you will change your results. In a fight that may mean making yourself angry or cold tempered in order to give you strength. In life it may be being positive or indifferent. This change is the first step in winning. Without an attitude change, nothing will follow.

→ **Commitment** - Once your attitude is changed, only then can you commit yourself to winning and acting accordingly. If you are not committed then you cannot win. Commitment means that you are not only ready for the next step but, you are also ready to follow through with your attitude. If you're angry then

someone's gonna' get hit! Not only that but your fear is gone and you've built up the guts to do what you have to. The same goes for being positive and/or indifferent.

→ **Technique** - Following through without a plan and thoughtful action means nothing but pain for you. Your technique as a fighter is what you have been trained to do with adjustments to fit the situation. Mastering your technique is critical to your survival as a fighter or for anything in life. But remember, things are always changing so you must continually practice and study your technique. If you can throw a powerful punch or kick, that's great. However, no one will fall for it forever.

So how do you take Action on your goals and challenges?

→ "Simple:" (sorry I couldn't help myself...)

(Once again) Ask yourself some key questions:

1. What are my next steps in my **Action Plan**?
2. What are my **strengths** and **weaknesses**?
3. What **strengths** can I use to overcome this **challenge**?
4. Who can I go to for **help** in overcoming my weaknesses and **reinforcing** my strengths?
5. What must me **done, when** and by **whom**?

Once you answer these questions you will have activated your secret weapon...your subconscious mind.

We don't have enough time to get into that in this book but you can learn more at the following website.

www.SleepYourWayToRiches.com

Finally lay out your action plan.

Write down your Action step(s) in your journal then DO IT and move on to Step #5.

"Being defeated is often a temporary condition. Giving Up is what makes it permanent." - Marilyn Vos Savant

"A warrior seeks to act rather than talk." - Carlos Castaneda

"Be not afraid of growing slowly, be afraid only of standing still." - Chinese Proverb

*"The few who do, are the envy of the many who only watch."
- Jim Rohn*

"A man is the sum of his actions, of what he has done, of what he can do, Nothing else." - Mahatma Gandhi

Step 5

*"Formal education will make you a living;
self-education will make you a fortune." -
Jim Rohn*

The fifth and final step in conquering obstacles and achieving success is **LEARN**.

I know you're probably wondering why I would put Learn as the last step in this strategy when Learning was already the first step.

Well, it's simple really!

After taking Action to conquer your obstacle, you will in some way achieve a result. Most often it will be your desired result but, sometimes it won't be.

It is my belief that learning is a circular process of discovery and rediscovery of new and important lessons after each attempt at something of importance in our lives.

As, you probably already guessed, the purpose of Learning again is to analyze the results or lack of results and write down what you have observed.

This part of the system is extremely simple but, may require the most thought.

As a **tool**, you should apply the **80/20 Principle** to

your findings.

The 80/20 Principle or Pareto Principle was discovered in 1897 by an Italian economist Vilfredo Pareto while he was searching for patterns of wealth and income in England.

What he found was that 80 percent of the wealth was enjoyed by only 20 percent of the population. Additionally, it was consistent in different countries and in different times.

This has been found in present day as well and in almost any activity that we perform, business or otherwise.

In other words, 80 percent of your results in a given activity, are generated by 20 percent of your input or effort. Just the same, 80 percent of revenue or profits are generated by 20 percent of your efforts or sales.

Find the 20% of your actions that are linked to the 80% of your positive results and then double your actions because...

Your Success Will Grow Exponentially!

Keep in mind that it is not always an 80/20 relationship and each of those figures are independent of the other.

Meaning you could have a 95/10 or a 99/15 relationship in results to actions.

Once you have this information your obstacles will be easier to overcome and your desired results will be easier to achieve.

In my case, getting out and seeking my freedom probably saved my life. That would be like a 100/1 relationship! ;-P

However, running is not the answer to our problems in most cases. I had no choice at the time and the solution was obvious.

Domestic violence in any case is a serious issue and your Decision and Action should be **Legal, Moral and Swift**.

In other words, **GET YOUR ASS OUT of there!** Sorry, for the language but that point must be made simple and clear.

"Life is a succession of lessons which must be lived to be understood." - Ralph Waldo Emerson

Putting It All Together

Finally putting it all together!

In case you didn't notice, you learned to:

Realize **E**verything's **A**lways **L**earned

Decision + **E**nthusiasm + **A**ction + **L**earn

Yes, this strategy is called the **REAL DEAL** strategy for conquering any obstacle or adversity in your life or business.

For business people conquering a specific obstacle and profiting from it is as easy as going through the **REAL DEAL** principles once and then **DEAL, DEAL, DEAL** once you achieve your desired results.

As silly as it sounds to you, this is the truth. It will work and does work every time!

For someone conquering a personal obstacle or adversity, its best to become the **REAL DEAL**, keep it close in your heart and practice it always.

I used this system to overcome my addiction to nicotine. Yes, I smoked a pack a day for over 12 years. In constantly trying and learning about my addiction to nicotine, I was finally able to kick the habit using the **REAL DEAL** system almost 4 years ago.

I've also used this system to get better paying jobs and to start my own business among thousands of other things.

My friend, please feel free to send me an e-mail about your results using this strategy.

You can send it to rasheed@rasheedali.com

For your **free** 30 minute Personal Success Assessment valued at \$275 with me, please go to:

<http://www.SuccessfulYear.com>

Please be sure to fill out the form completely.

This offer is VERY limited and there are only a few open assessment slots available at any given point.

There is no obligation at all; this is my gift to you for completing this strategy.

HOWEVER, where will you be 1 month from now?

Where will you be 6 months from now?

OR

1 year from now?

If you keep doing the same things, where will you end up?

The same place right?

Well, fill out the assessment and set up an appointment with my staff.

*****It is becoming increasingly difficult for me to give assessments to everyone and run my business, so please mention this book and I Guarantee you one.*****

<http://www.SuccessfulYear.com>

To Your Ultimate Success,

Rasheed Ali

#1 Success Coach & Adversity Consultant

www.RasheedAli.com

www.SleepYourWayToRiches.com

President
Niche Business Enterprises LLC
1-888-335-0883

**** NOTICE ****

Sorry, this offer is NOT available to current clients or customers. If you are a current customer or client, well you already know why! ;-P